



# Why You Drink and How to Stop: A Journey to Freedom (Paperback)

By Veronica Valli

Ebby Publishing, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Winner of the eLit book award for self-help Award-Winning Finalist in the Self-Help: General category of the 2014 USA Best Book Awards Kristen Johnston Emmy award winning actress NY Times best selling Author says: Veronica Valli has written one of the clearest, most fascinating truly helpful books on addiction I ve ever read. To me, it s up there with Clean by David Sheff, except from the viewpoint of someone who s in long term recovery. Whether you re struggling now need help, have struggled in the past, or you ve ever loved an addict, this book pierces through the confusing and terrifying misinformation that surrounds this disease. From the first page to the last, I was completely enthralled by this brilliantly researched, refreshingly straightforward delightfully compelling book. At last, a book that reveals why alcoholics think, feel and behave the way they do. This book looks into the heart and mind of the alcoholic; it explains their thought processes, how they feel and why they behave so self-destructively. Written by an addictions therapist and recovered alcoholic, it answers the question that every...



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